

## **CLAIMS**

1. A method of energetically treating a target tissue site, the method comprising:

5 delivering energy to the tissue site using an energy delivery device;  
delivering a vectored mechanical force to the tissue site;  
producing a thermal adhesion or lesion at the tissue site; and  
remodeling at least a portion of tissue at the tissue site.

10 2. The method of claim 1, further comprising:  
remodeling at least a portion of tissue at the tissue site utilizing the  
thermal adhesion or lesion.

15 3. The method of claim 1, further comprising:  
selecting the tissue site based on an amount of convexity at the tissue  
site.

4. The method of claim 1, further comprising:  
producing a plurality of thermal adhesions or lesions.

20 5. The method of claim 4, wherein the plurality of adhesions or  
lesions is substantially continuous or at least partially overlapping.

25 6. The method of claim 1, further comprising:  
delivering energy in a selected pattern or grid pattern.

7. The method of claim 6, wherein the pattern of energy delivery is  
configured to produce a substantially uniform thermal adhesion or lesion.

30 8. The method of claim 1, wherein the force is at least one of a  
compressive force, a tensile force or a substantially uniform force applied over  
the tissue site.

5 9. The method of claim 1, wherein the delivered force has a force profile with respect to a radial direction of a force application surface, the force profile substantially increasing in an inward direction with respect to an edge of the force application surface.

10. The method of claim 1, wherein the force is delivered using a force application surface.

10 11. The method of claim 1, further comprising:  
delivering a first force in a first direction; and  
delivering a second force in a second direction.

15 12. The method of claim 1, further comprising:  
vectoring the delivery of force responsive to at least one of an energy delivery parameter, a tissue property, a tissue shape or patient feedback.

20 13. The method of claim 1, further comprising:  
vectoring the delivery of force to produce at least one of a tissue adhesion, a tissue adhesion size or shape, an aesthetic contour or a remodeled tissue shape.

25 14. The method of claim 1, further comprising:  
pre-positioning tissue at the tissue site substantially prior to energy delivery to shape the tissue adhesion or lesion or create a directed wound healing response.

30 15. The method of claim 1, further comprising:  
cooling a layer of tissue or a surface layer of tissue of at least a portion of the tissue site.

16. The method of claim 1, further comprising:  
producing a reverse thermal gradient within at least a portion of the  
tissue site.

5 17. The method of claim 1, further comprising:  
heating a subjacent layer or a dermal layer within the tissue site.

18. The method of claim 1, further comprising:  
producing at least one of a wound healing response or scar collagen  
10 induction within the tissue site.

19. The method of claim 1, further comprising:  
substantially preserving at least a portion of a surface, a tissue layer or  
an epidermal layer at or adjacent the tissue site.

15 20. The method of claim 1, further comprising:  
tightening at least one of a tissue layer, a surface layer, a skin layer, a  
dermal layer or a skin portion of the tissue site.

20 21. The method of claim 1, further comprising:  
rejuvenating at least a portion of tissue at the tissue site.

22. The method of claim 1, further comprising:  
reshaping at least a portion of tissue at the tissue site or the surface of  
25 the tissue site.

23. The method of claim 1, further comprising:  
increasing at least one of a thickness or an elasticity of at least a portion  
of the tissue site.

30 24. The method of claim 1, further comprising:  
contracting at least a portion of tissue within the tissue site.

25. The method of claim 1, further comprising:  
securing at least a portion of tissue at the tissue site utilizing the thermal  
adhesion.

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26. The method of claim 1, wherein the portion of tissue is one of a  
collagen matrix or a subjacent collagen matrix.

27. The method of claim 1, further comprising:  
10 performing a liposuction procedure substantially at the tissue site.

28. The method of claim 27, further comprising:  
skeletonizing at least a portion of fibrous septae at the tissue site.

29. The method of claim 27, further comprising:  
15 tightening at least a portion of an iatrogenically loosened skin envelope  
at the tissue site.

30. A method of energetically treating a target tissue site, the method  
20 comprising:  
delivering energy to the tissue site using an energy delivery device;  
delivering a vectored force to the tissue site;  
producing a thermal adhesion or lesion at the tissue site; and  
remodeling at least a portion of tissue at the tissue site utilizing the  
25 thermal adhesion or lesion.

31. A method of energetically treating a target tissue site, the method  
comprising:  
delivering a thermal dose to a tissue site using substantially overlapping  
30 applications of energy from an energy delivery device, the thermal dose  
sufficient to cause at least one of tissue tightening, collagen contraction or  
remodeling of at least a portion of tissue at the target site;

producing a substantially uniform thermal lesion at the tissue site; and  
remodeling at least a portion of tissue at the tissue site while minimizing  
aesthetic discontinuities or irregularities in the remodeled portion.

5           32.    The method of claim 31, further comprising:  
              producing at least one of a wound healing response or scar collagen  
              induction within the tissue site.

              33.    The method of claim 31, further comprising:  
10           delivering a vectored mechanical force to the tissue site to correct an  
              aesthetic deformity, secure tissue or create a directed wound healing response.

              34.    The method of claim 31, further comprising:  
              producing a reverse thermal gradient within at least a portion of the  
15           tissue site.

              35.    The method of claim 31, further comprising:  
              performing a time sequence of energetic treatments wherein a  
              subsequent thermal dose is delivered in a period of days, weeks, months, or  
20           years after the initial dose.

              36.    The method of claim 35, wherein the subsequent thermal dose is  
delivered to augment, improve or enhance the tissue remodeling.

25           37.    The method of claim 35, further comprising:  
              selecting the tissue site based on an amount of convexity at the tissue  
              site.

              38.    A method of energetically treating a target tissue site, the method  
30           comprising:  
              delivering a pattern of energy applications to the tissue site using an  
              energy delivery device;

delivering a vectored force to the tissue site;  
producing a substantially uniform thermal adhesion or lesion at the  
tissue site; and  
remodeling at least a portion of tissue at the tissue site utilizing the  
5 pattern of energy applications.

39. A method of energetically treating a target tissue site, the method  
comprising:

10 selecting the tissue site based on an amount of convexity at the tissue  
site;  
delivering energy to the tissue site using an energy delivery device while  
minimizing energy delivery to substantially non convex areas adjacent to  
convex areas;  
delivering a vectored force to the tissue site;  
15 producing a thermal adhesion or lesion at the tissue site; and  
remodeling at least a portion of tissue at the tissue site utilizing the  
thermal adhesion or lesion.

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